

“Explore Your Park” hikes and walks

Join an experienced ranger and explore the beauty and variety of park destinations, resources or stories. All programs are moderate to strenuous. Unless otherwise noted, all programs are free and by reservation only by calling Salt Pond Visitor Center at (508) 255 - 3421 to reserve and for specific information.

HIKE: GREAT ISLAND, WELLFLEET - Tuesday, September 5th, 9:30 AM. 3 hours, 3 miles. Visit this historic island on trails through woods and fields.

WALK: FRUITS OF FALL, EASTHAM - Tuesday, September 12th, 9:30 AM. 1½ hours, 1½ miles. Discover the variety and abundance of seeds, berries and other fruits that ripen in the fall. Examine the natural history and folklore associated with these plants. *No reservations required.* Meet at Hemenway town landing (one road north of Fort Hill off Route 6).

HIKE: “ROLL WITH IT”, EASTHAM - Tuesday, September 19th, 9:30 AM. 3 hours, 3 miles. Hike along the Coast Guard Beach “spit” and discover the ever-changing physical world of barrier beaches – including inlet formation, beach migration, and their crucial importance to the Cape Cod coast.



HIKE: FRESHBROOK VILLAGE, WELLFLEET - Tuesday, September 26th, 9:30 AM. 3 hours, 3 miles. Hike along some of the trails and jeep roads to explore the site of the once vibrant 19th-century fishing village of Freshbrook.

HIKE: “THE ISLAND THAT WAS”, WELLFLEET - Tuesday, October 3rd, 9:30 AM. 3 hours, 3 miles. Explore the trails of Bound Brook Island and find out why this area is an island no longer.

HIKE: LONG POINT, PROVINCETOWN - Every Friday, except September 8th and 29th, 1 PM. 3+ hours, 6 miles. Stories of an abandoned village, a submarine tragedy, spectacular views, and more are the rewards for this arduous trek to the very tip of Cape Cod. **CALL THE PROVINCE LANDS VISITOR CENTER AT (508) 487 - 1256 TO RESERVE.**

NOTE



From September 2006 until June 2007 the Cape Cod Rail Trail, from Nickerson State Park in Brewster to South Wellfleet will be closed for rehabilitation by the Commonwealth of Massachusetts. Cape Cod National Seashore's three bicycle trails: Nauset, Head of the Meadow, and Province Lands, are not connected to the rail trail and remain open.

Partner Programs

Rum Soaked Crooks - Sea Chantys and Ballads

SATURDAY, OCTOBER 7TH, 7 PM. FREE. SALT POND VISITOR CENTER, EASTHAM. ♿

During this spirited performance, Tom Goux, Dan Lanier, and Jacee Sulanowski will share their toe-tapping jigs and heart-wrenching ballads about life on the water. *A celebration of the Cape's maritime history sponsored by Friends of the Cape Cod National Seashore.*

FRIENDS OF THE CAPE COD NATIONAL SEASHORE WWW.FCCNS.ORG

A non-profit organization whose purpose is to enhance enjoyment of the seashore through financial & volunteer support



Nauset Light Tours WWW.NAUSETLIGHT.ORG

Tours conducted by NAUSET LIGHT PRESERVATION SOCIETY volunteers. Donations accepted. This non-profit organization conducts tours, and preserves the light under agreement with the National Park Service. (508) 240 - 2612.

SUNDAYS, SEPTEMBER 3 & 10 - 4:30 TO 7:30 PM
SUNDAYS, SEPTEMBER 17 & 24 - 1 TO 4 PM *
*** BEACH FEE APPLIES**
EVERY SUNDAY IN OCTOBER - 1 TO 4 PM



Highland House Museum and Highland Light

Both facilities are administered by the TRURO HISTORICAL SOCIETY, dedicated to preserving the rich history of the town of Truro. WWW.TRUROHISTORICAL.ORG

HIGHLAND HOUSE MUSEUM - open daily through September. Adjacent to the lighthouse, a visit affords insight into everyday life of the past. (508) 487 - 3397. **HIGHLAND LIGHTHOUSE** - open daily through mid-October. At the lighthouse, enjoy an interpretive center, climb the lighthouse tower and take in the beautiful view from the top. (508) 487 - 1121. **ADMISSION TO MUSEUM OR LIGHTHOUSE: \$4 PER PERSON; CHILDREN 12 AND UNDER FREE AT THE MUSEUM ONLY; MEMBERS FREE. (CHILDREN MUST BE 51" TALL TO CLIMB HIGHLAND LIGHT.)**

Cape Cod National Seashore

National Park Service
U.S. Department of the Interior



Ranger-Guided Activities September 1 through October 9, 2006

SALT POND VISITOR CENTER

OPEN DAILY 9 TO 5.

OFF ROUTE 6, EASTHAM. (508) 255 - 3421

This extensively rehabilitated visitor center offers magnificent views of Salt Pond, Nauset Marsh, and the Atlantic; an outstanding museum; and park films in the remodeled theater with a new, digital audio-visual system. Staff are on duty to help with trip planning, and there is a well-stocked store offering books, maps, puzzles, games and other interpretive items for sale. A new restroom facility is available in the parking area. The Nauset Marsh and Buttonbush trails, and the Nauset Bicycle Trail are located nearby.

PROVINCE LANDS VISITOR CENTER

OPEN DAILY THROUGH OCTOBER 31, 9 TO 5.

OFF RACE POINT ROAD, PROVINCETOWN.

(508) 487 - 1256

Just two miles from the tip of the Cape, this center features an observation deck with 360-degree views, a small exhibit area, showings of park orientation films on the hour (9-4), staff on duty to assist with trip planning, and sales of books, maps, puzzles, games and other interpretive items. Restrooms are available in the parking area. The Province Lands Bicycle Trail and Race Point Beach are nearby.

Fall Symposium: Provincetown and the Seashore...Inspiration and Conservation

Explore a place like no other where life is intimately connected to the surrounding dunes and the sea. Presenters will share art, culture, science, livelihoods and lore. Sponsored by *Friends of the Cape Cod National Seashore*, all programs are free and on Saturday evenings at 7 PM at the Province Lands Visitor Center. For more information call (508) 487 - 1256. ♿

Mapping Cape Cod's Ocean Edge: Mingling Art and Science - September 2nd.

Artists and scientists use similar methods to observe and record the landscape/seascape of Provincetown and Cape Cod Bay. **Seashore GIS Specialist Mark Adams** will show maps and paintings to illustrate how we all make personal connections.

A Modern Day Beachcomber - September 9th. Provincetown sculptor **Mike Wright** creates assemblages from found objects scavenged from the beach. Her work is featured in the collection of the Provincetown Art Association and many other institutions. Join Mike for an evening of slides and creative “beachcombing.”

Provincetown and the National Seashore - September 16th. Photographer **Charles Field's** book *Provincetown and the National Seashore, A Photographic Essay*, published by Fields Publishing of North Truro, artistically chronicles his first year in Provincetown through photos and a compelling essay. Join Charles for a slide presentation followed by a book signing.

A New Park, a New Challenge - September 23rd. Poet, fiction writer, and historian **Josephine Del Deo** has been a keen observer of, and active participant in, the Provincetown Community throughout her long professional career. A committed conservationist, she is currently compiling an historical overview entitled *A Memoir from Cassandra at Peaked Hill - 1953 - 2003*.

A Fishing History in the National Seashore - September 30th. An anecdotal account of fishing from the personal perspective of **Captain Tom Murphy** who has been “hooked” on fishing since 1964. Audience interests will chart the course of Captain Murphy's tales.

The Daily Sea: Poems from the Shore, a reading by Melanie Braverman - October 7th. Melanie Braverman is the author of the 1996 novel *East Justice* (Permanent Press, 1996) and the poetry collection *Red* (Perugia Press, 2002), winner of the 2002 Audre Lorde Award for poetry. A year-round resident of Provincetown since 1982, she teaches creative writing at Brandeis University.

Eastham Programs

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CANOE TRIP: NAUSET MARSH 9:30 AM 2 hours, 2 to 3 miles. \$</p>	Venture onto the water of Nauset Marsh and discover its abundance of life. Meet at Salt Pond Visitor Center. By reservation only. Canoe experience is mandatory. All equipment provided. Adult \$20, Child \$12. Tickets may be purchased up to 7 days in advance either in person or by phone with a credit card. Call the Salt Pond Visitor Center at (508) 255 - 3421.						●	
<p>WALK: ARCHEOLOGY IN EASTHAM 10:30 AM 1½ hours, up to 1½ miles. Free.</p>	Learn about the process of archeology, and the discoveries it has uncovered within the seashore. Coast Guard Beach - 9/4, 9/25: meet at Doane Picnic Area; Fort Hill - 9/11, 10/2: meet at Hemenway town landing (one road north of Fort Hill, off Route 6). <i>Listed dates only.</i>		●					
<p>WALK: LORE OF NAUSET MARSH 10:30 AM 1 hour, 1 mile. Free.</p>	Discover the rich natural and human history around Nauset Marsh and how each has affected the other over time. Meet on the terrace at the Salt Pond Visitor Center.	●				●		
<p>CAPTAIN EDWARD PENNIMAN HOUSE 11 AM, T = Tour, 1 to 4 PM, OH = Open House Free.</p>	Explore the interior of this historic home at Fort Hill. Learn about this whaling captain and his well-traveled family. OPEN HOUSE , browse through. TOUR, ONE HOUR, BY RESERVATION ONLY. CALL (508) 255-3421. Limited parking.		T	OH	OH	OH		T
<p>TALK: NATURE'S CLASSROOM 1 PM 30 minutes. Free. ♿</p>	Join the ranger on the terrace of the Salt Pond Visitor Center to explore some aspect of Cape Cod National Seashore's natural or cultural history. Family program.			●				
<p>WALK: FISH, SNAILS, AND HORSESHOE CRAB TALES 1 PM 1 hour, ½ mile. Free.</p>	Explore the undersea world of a salt marsh through the use of seine and dip nets, and learn about the many interesting plants and animals that live there. Wading is encouraged, and shoes are required. Meet at the terrace of the Salt Pond Visitor Center. Family program. By reservation only. Call the Salt Pond Visitor Center at (508) 255 - 3421.						●	
<p>WALK: CULTURAL ENCOUNTERS 2:30 PM 1½ hours, 1½ miles. Free.</p>	400 years ago, French explorer Samuel de Champlain entered Nauset Marsh, and visited with the Nauset people. Examine these different cultures, and the series of events that played out at Fort Hill in subsequent years as a result of these encounters. Meet at Hemenway town landing (one road north of Fort Hill, off Route 6).						●	
<p>WALK: LIFE ON THE EDGE 2:30 PM 1 hour, 1 mile. Free.</p>	Witness the impact the sea has on the shore and the species that live there. Explore the beach below the bluffs at Nauset Light Beach and discuss the issues associated with an ever-changing shoreline. Meet at Nauset Light Beach parking area.					●		
<p>LIGHTHOUSE TOUR: THREE SISTERS 3 PM 1 hour, ½ mile. Free. ♿</p>	These 19th-century lighthouses once provided a beacon for sailors off the shore of Nauset Light Beach. Learn of their history and importance. Meet at northeast corner of Nauset Light Beach parking area. <i>Beach fees apply on Sundays through September.</i>	●	●					

Wellfleet Programs

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CANOE TRIP: GULL POND 9:30 AM 2½ hours, 1 to 2 miles. Fee required.</p>	Catch a first glimpse of fall color and enjoy the early morning calm of a kettle pond. Canoe experience is mandatory. All equipment provided. Adult \$20, Child \$12. Tickets may be purchased up to 7 days in advance either in person or by phone with a credit card. Call Province Lands at (508) 487 - 1256 for reservations. No program 9/7 and 9/28.				●			
<p>WALK: ARCHEOLOGY IN WELLFLEET 9:30 AM 2½ hours, 2½ miles. Free.</p>	Learn about the process of archeology, and the various discoveries it has uncovered within the seashore. Great Island - 9/18, 10/9: meet at Great Island parking area. <i>Listed dates only.</i>		●					
<p>WALK: NATURE'S DIVERSITY 10:30 AM 1½ hours, 1½ miles. Free.</p>	Examine plant communities, from heathlands to cedar swamps, while descending from ocean bluff to watertable. Explore the factors that influence these changes in the landscape. Meet at the Marconi Station Site observation deck.				●			
<p>ATWOOD-HIGGINS HOUSE 11 AM, TOUR = T ♿, 1 to 4 PM, OPEN HOUSE = OH 1 hour. Free.</p>	Learn about 18th-century architecture and about one of the early colonial settlement sites on the Outer Cape. Tour by reservation only. Call the Salt Pond Visitor Center at (508) 255-3421. Directions: From Eastham, take Route 6 north. Turn left onto Pamet Point Road, the last road before crossing the Truro town line.				T	OH		
<p>WALK: WHERE THE SPARK OF MAGIC HAPPENED, MARCONI TRIUMPHED 2:30 PM 30 minutes, ¼ mile. Free.</p>	Explore the actual site where in 1903 Guglielmo Marconi transmitted the first official wireless message across the ocean. Learn about the site, and the significant events that occurred there. Meet in the parking area of the Marconi Station Site. Family program. <i>No program 9/14.</i>				●			
<p>WALK: SHORELINE STROLL 2:30 PM 1 hour, 1 mile. Free.</p>	Walk through the diverse habitats and explore natural processes of the Great Island land bridge known as "the gut." Discover how wildlife has adapted to this area. Meet at Great Island parking area. Family program.	●		●				

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>WALK: PROVINCE LANDS DUNES AND BOGS 10 AM - Sundays, 2 PM - Saturdays 1 hour, 1 mile in loose sand. Free.</p>	Explore an enchanting dune landscape of unusual plants and wild cranberry bogs bursting with red, ripe cranberries. Discover the hidden story of America's oldest public lands, and how long before the dustbowl, enterprising early settlers caused a "sandbowl" that threatened to cover Provincetown and fill its renowned harbor. Family program. <i>No program 9/30 and 10/1.</i>	●						●
<p>OPEN HOUSE: OLD HARBOR LIFE-SAVING STATION 1:30 to 4 PM ♿</p>	Browse through this 1898 life-saving station, where teams of skilled rescuers battled the elements to save shipwreck victims from the "Graveyard of the Atlantic." Exhibits, rescue equipment, and stories bring the station to life. Park at Race Point Beach. Take the short walk to Old Harbor.		●	●				
<p>WALK: SUNSET VISTAS Departure time varies. 1½ hours, 2 miles. Free.</p>	Crisp autumn evenings are known to produce spectacular sunsets. Ocean, salt marsh, and lighthouse vistas provide the perfect backdrop! By reservation only. Call the Province Lands Visitor Center at (508) 487-1256 to reserve and for meeting location. No program 9/8 and 9/29.					●		

Provincetown Programs